



Fresh Oranges with Spiced Red Wine Syrup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



238 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cinnamon sticks
- 8 cranberry-orange relish
- 1 cup sugar
- 750 ml cooking wine dry red spanish

Equipment

- bowl
- sauce pan
- knife

Directions

- Bring wine, 1 cup sugar, and cinnamon to boil in large saucepan, stirring until sugar dissolves. Boil until reduced to 1 cup, about 18 minutes. Cool syrup completely. Cover and chill until cold. (Can be made 1 day ahead. Keep chilled.)
- Finely grate peel from 2 oranges.
- Mix peel and 1 tablespoon sugar in small bowl. Using small sharp knife, cut off peel and white pith from all oranges. Working over large bowl, cut between membranes to release segments. (Can be made 1 day ahead. Cover orange segments and sugared peel separately and chill.) Divide oranges and juice among 8 bowls.
- Drizzle syrup over and sprinkle with sugared orange peel.

Nutrition Facts

 **PROTEIN 2.91%**  **FAT 1.21%**  **CARBS 95.88%**

Properties

Glycemic Index:16.57, Glycemic Load:23.08, Inflammation Score:-7, Nutrition Score:8.1582608637602%

Flavonoids

Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 237.84kcal (11.89%), Fat: 0.24g (0.37%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 43.3g (14.43%), Net Carbohydrates: 39.92g (14.52%), Sugar: 37.96g (42.18%), Cholesterol: 0mg (0%), Sodium: 5.05mg (0.22%), Alcohol: 9.89g (100%), Alcohol %: 4.98% (100%), Protein: 1.32g (2.63%), Vitamin C: 69.71mg (84.5%), Fiber: 3.38g (13.51%), Manganese: 0.23mg (11.4%), Folate: 40.28µg (10.07%), Potassium: 333.65mg (9.53%), Vitamin B1: 0.12mg (7.92%), Vitamin B6: 0.13mg (6.53%), Calcium: 64.64mg (6.46%), Magnesium: 23.82mg (5.96%), Vitamin A: 296.04IU (5.92%), Vitamin B2: 0.08mg (4.66%), Phosphorus: 37.64mg (3.76%), Vitamin B5: 0.36mg (3.64%), Copper: 0.07mg (3.44%), Iron: 0.53mg (2.95%), Vitamin B3: 0.53mg (2.67%), Vitamin E: 0.25mg (1.64%), Zinc: 0.23mg (1.51%), Selenium: 1.01µg (1.44%)